



Have you kicked your smoking habit, lost weight, or improved your overall health in the past year? Has your company, school, or organization implemented a program that has helped staff/members adopt healthier behaviors? If so, we want to hear from you. Tell us your success stories, so you can inspire other Hoosiers to accept Governor Daniels' challenge to get INShape Indiana.

Work is in progress to develop a book of success stories for INShape Indiana. Individuals who submit their success stories by February 28, 2006 and refer to this letter-to-the-editor will be considered for publication in that INShape Indiana book. Please identify your county of residence, or the county where your organization is located.

Making the decision to live a healthier lifestyle by eating well, being physically active, and quitting smoking is the best thing you can do for yourself and your loved ones. The road to better health is not always an easy one, but the rewards are immeasurable.

So, on behalf of INShape Indiana, I'm asking you to submit your success stories on the INShape Indiana Web site at: www.INShape.IN.gov or by fax to (317) 233-7387. We welcome success stories from individuals or entire organizations. Stories should be 300-400 words in length. If possible, please include before and after photos, or a company logo, with your submission.

Knowledge is power. Knowing that you are not alone in your efforts to live a healthier life is invaluable. I know that we have some great stories of inspiration out there and hope you will take the time to share them with us.

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